

March 2024



Face Everything And Rise Newsletter

Charity No: 1196975



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We have a very busy, and exciting, 'FEAR year' ahead- filled with new activities and music festivals...

This year we are continuing to host monthly swim events, as well as regular sailing and skiing days. We also have a couple of 'outdoor adventure days' booked for the summer months. In addition to our events, we'll also be at a number of music festivals this summer- enabling you to safely connect your nutrition or treatments in a clean environment.

Our drysuits are flying out the door, so if you're hoping to borrow one for the summer, I recommend you send a request in quick 😊

As always, please email me if you have any questions. Thank you for supporting FEAR and I hope see you at a FEAR event soon!

Happy Easter



Calendar of events

April

- 13th** - Triangle swim
- 20th** - Skiing (Tamworth)
- 21st** - Skiing (Tamworth)
- 27th** - Sailing (Portsmouth)

May

- 4th** - Skiing (Tamworth)
- 5th** - Snowboarding (Tamworth)
- 18th** - Skiing (Tamworth)
- 19th** - Sailing (am) Birmingham
- 25th** - Sailing (am) Portsmouth
- 25th** - Romsey Rapids swim
- 26th** - Sailing (Southampton)
- 30th** - SitSkiing (Tamworth)

June

- 1st** - Skiing (Tamworth)
- 2nd** - Sailing (am) Birmingham
- 8th** - Activity day (Avon Tyrrell)
- 9th** - Sailing (am) Portsmouth
- 15th** - Sailing (Southampton)
- 22nd** - Rotherham swim
- 29th** - Camberley swim

July

- 6th** - Triangle swim
- 13th** - Sailing (Ipswich - Woolverstone)
- 14th** - RaverTots festival - Maidstone
- 20th** - Romsey Rapids swim
- 21st** - RaverTots festival - Reading
- 25th** - SitSkiing (Tamworth)
- 25th -28th** Camp Bestival (Dorset)

August

- 15th-18th** - Camp Bestival (Shropshire)
- 23rd** - Victorious Festival
- 24th-25th** - CarFest Festival

September

- 14th** - Romsey Rapids swim
- 15th** - Sailing (Southampton)
- 21st** - Camberley swim
- 28th** - Rotherham swim

November

- 9th** - Triangle swim
- 16th** - Rotherham swim

December

- 14th** - Camberley XMAS event
- 28th** - Romsey Rapids swim

Eddie the FEAR Van



Eddie is a fully converted VW Van, and will be used as a safe space for people with feeding tubes and central lines to connect and disconnect their feeds or IV treatments...

Eddie will be at all of our FEAR events for you to use. He will also be at the following festivals:

July

14th July - RaverTots - Maidstone www.ravertots.co.uk/festival/

21st July - RaverTots - Reading www.ravertots.co.uk/festival/

25th - 28th July - CampBestival (Dorset) <https://campbestival.net>

August

15th-18th August - CampBestival(Shropshire) <https://campbestival.net>

23rd August - Victorious www.victoriousfestival.co.uk

24th - 25th August - CarFest www.carfest.org



If you would like to know more about 'Eddie' then please get in touch.

It'll be great to see you at a festival!



FEAR Bear stories



Would you like your FEAR Bear story to be published?

FEAR are putting together a book of mini stories about FEAR Bear's adventures, but we need your help!... We would like you to write a short story (max 500 words) about FEAR Bear on an adventure.

Maybe you take FEAR bear somewhere magical or on a bike ride? ... the choice is completely yours!! The ONLY rule is.... FEAR Bear must be the main character.

We'd like you to have fun writing your story and to be as creative as you can. If you're unable to write, please don't let that stop you... You could ask a parent, or a friend, to write the story while you tell them. You could even draw your story as a comic strip.

More information and resources to help get you started, can be found on the website:
www.faceeverything.co.uk/fear-bear-story



Once you've written your story please send it to:
kim@faceeverything.co.uk OR, if you'd like to post your story to me, please send me an email and I will reply with the postal address.

The closing date is 31st May 2024
(There are NO age limits - All ages welcome to submit a story)

FEAR Award



At FEAR, we understand just how important it is to recognise achievements! ... That's why we've introduced the FEAR Award

Award criteria: *For children and adults who receive artificial nutrition or long term IV treatments. Also includes Family members, carers or nurses.*

How to nominate: Simply fill in the form on the website, and at the end of the month we will announce the recipient!

www.faceeverything.co.uk/fear-award



JANUARY

Niamh - for taking part in her very first mini triathlon recently and showing great sportsmanship!

FEBRUARY

Alex - for no longer needing to be attached to oxygen during the day and for thriving on his new PEG!

MARCH

Fran- For conquering her nerves and returning to figure skating! Inspirational!



Well done!

» FEAR event information

All of our events are family friendly and are exclusive to us at FEAR

Swimming

- All events are 2 hours long and are held at venues with 'changing places' facilities.
- They are family friendly events
- FEAR Drysuits are available to borrow



SKIing , Sit-SKIing and Snowboarding

- These lessons are held at Tamworth SnowDome
- Lessons can be a one-off experience or you can book multiple lessons
- Your family can join the lesson with you or watch you from the cafe
- Lessons are approx 2 hours long. No experience needed.



Sailing

- We have sailing events happening in Portsmouth, Southampton & Ipswich
- You can come as a family and enjoy sailing together
- You will be with a sailing instructor on the water.
- Southampton and Ipswich have hoisting facilities



Activity Day - Avon Tyrrell

- These activity days are held 11am - 5pm
- The activities include: Archery, Zip wire, Canoeing and Pedlo
- Our first activity day will be 8th June. It will be on the website shortly
- You are welcome to join the activities as a family



Please email me if you have any questions at all

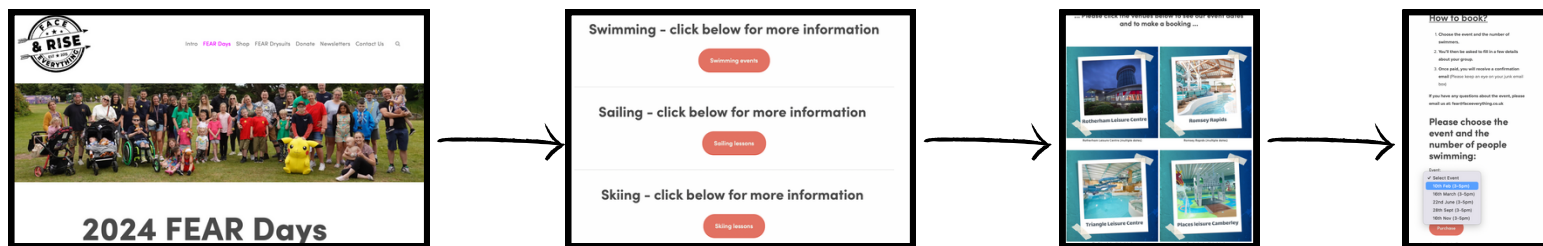
How to join our FEAR events

All of our FEAR events are now listed on the website : www.faceeverything.co.uk

This year they are split into 'activity types' - hopefully making it easier for you to find the event you want to join.

HOW TO BOOK:

- Visit the website, click the 'FEAR days' tab at the top of the page.
- This will take you to a page listing our different activities.
- Click on an activity you're interested in joining (i.e swimming)
- You'll then be directed to a page listing the venues we're hosting events
- You can now make a booking by choosing a venue, a date, and your group size



OUR EVENTS ARE NOW £1.50 PER PERSON:



I've had to make the very difficult decision to make our events £1.50 per person, but this still includes 2 hours of activity. The reason for doing so, is because the running costs for each event has increased.



However, I do not want this to be a barrier to entry. So if you cannot afford it, please do not let this stop you from coming! Just send me a quick email about which event you want to come to and I will add you to the list. No questions asked.